

Gâteau Chouchou

(video: <https://www.youtube.com/watch?v=GuW2ZIWDksE>)

The "gâteau chouchou" from Reunion Island is a delicious specialty of the island. This cake is mainly made from the chouchou (mirliton), also known as chayote or christophine, which is a common vegetable in Reunion cuisine.

To make the recipe you will need:

1. 4 mirliton
2. 2 tsp. of anisette
3. $\frac{3}{4}$ cup of sugar
4. 4 eggs
5. 4 oz. butter
6. 1 cup of milk
7. 1 tsp. vanilla

Preparation:

1. Peel and grate the mirlitons and squeeze to remove excess water, as in the video, using a cheesecloth or [nut milk bag](#). Instead of hand-grating, you could use a food processor. Or, you could simply boil the mirlitons until fork-tender, then chop and squeeze out excess water.
2. Combine grated mirliton milk, sugar, eggs, and butter to form a dough.
3. Pour dough into a buttered and floured mold.
4. The mirliton cake is baked in the oven until it is golden and a knife comes out clean.

The mirliton cake has a soft and slightly moist texture, with a sweet flavor due to the mirliton and sugar. It can be enjoyed as a dessert or snack and is often appreciated for its unique taste and simplicity. This is an essential treat when visiting Reunion Island to discover the local cuisine.